

News Notes

Bowl-a-thon – The Hickam 56 Council hosts a “9” pin-no-tap, four-person team bowl-a-thon today at the Hickam Bowling Center. Registration is at 11 a.m. and pins will start falling at 11:45 a.m.

Volunteer recognition – The Family Support Center is currently accepting nominations for the Hickam National Volunteer Week Recognition Program. Award categories are as follows: Volunteer Family, Spouse, Youth, Unit or Directorate, Community or Nonprofit Agency, Hickam Community Volunteer, and Air Force Volunteer Excellence Award. Nominations are due to the FSC today. A recognition ceremony is April 21 from 1 to 2 p.m. at the Hickam Officers’ Club lanai. For more information, contact the center at 449-0300.

Summer employment– Complete applicant packages for summer employment will be accepted at the Hickam Civilian Personnel Flight, located in Bldg. 1105, until 3:30 p.m. today in person, by mail, or via email. Interested applicants should download the job announcement located at <http://www2.hickam.af.mil>, which includes specific instructions on the application procedures. A sample resume and the required forms are attached to the job announcement. For more information, contact the civilian personnel flight at 449-0121.

Redemption Center – The Hickam Redemption Center opened Thursday, but is closed today for a squadron function. The center re-opens Saturday. The hours of operation are Thursdays and Fridays from 2 to 6 p.m. and Saturdays from 9 a.m. to 1 p.m. The center is in Bldg. See NEWS NOTES, A5

In this week’s Kukini



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Views from the top

15th AW commander shares experiences, expectations

By Senior Airman Sarah Kinsman
Kukini Editor

The 15th Airlift Wing welcomed its new commander, Col. William “Goose” Changose, during a change of command ceremony here March 23.

Although he's only been here since March 21, he is already impressed by the job the wing and Hickam members are doing.

“There's a reason the 15th Airlift Wing was chosen to be the first out-of-the-continental-United-States C-17 wing,” he said. “That's because of the people who are here. The folks who are at Hickam have demonstrated their ability to accomplish any mission.”

Though never assigned to Hickam, he has spent part of



Photo by Mysti Bicoy

Col. William “Goose” Changose gives the closing remarks during the Women’s History Luncheon Tuesday.

his 21-year career stationed in the Pacific theater and brings C-17 experience to the wing.

“Having done airlift in the Pacific I'm familiar with the theater,” Colonel Changose said. “I've been to most places that are influenced by the Pacific Air Forces and Pacific Command and my C-17 experience is relatively fresh, so that will help.”

Arriving from Pope Air Force Base, N.C. where he was the vice wing commander of the 43rd Airlift Wing, Colonel Changose knows Hickam is uniquely suited for the flying mission.

The 15th AW has commitments beyond the C-17, the colonel said.

“At the higher levels, we're all doing the same thing: security for our nation. At a lower level, Hickam has almost a dual mission. It's home to headquarters PACAF and a number of other key agencies for our Air Force so you've got that [support] mission.”

Adding C-17s will not only change the 15th AW, but have an impact on PACAF and the

See VIEWS, A3



Photo by Jerry 'Monk' Banks

Get in the hole

Myla Brown, 8, does her best Crouching Tiger-wanna-be at the Par 3 Spring Break Junior Golf Tournament Mar. 22. Brown was one of a dozen competitors in three age brackets during the day-long event. For more on the tournament, go to Page B2.

Warfighting HQ stands up here, 13 AF moves in from Andersen AFB

By Senior Airman Sarah Kinsman
Kukini Editor

A Provisional Warfighting Headquarters will activate here in May. Following the activation of the WFHQ (P), Headquarters 13th Air Force, located at Andersen AFB, Guam, will move here to form the core of the WFHQ.

“This is part of the Air Force’s plan to establish a continuously operating network of 10 Warfighting Headquarters that support geographic and functional combatant commanders,” said Maj. Gen. Edward Rice, 13th Air Force commander.

The Warfighting Headquarters is a new Air Force concept designed to provide continuous support to combatant commanders within a specific theater.

General Paul Hester, Pacific Air Forces commander directed the actions to provide responsive and focused joint air component command and control capability in the Pacific.

The WFHQ, one of ten throughout the world, is made of functional experts and an Air and Space Operations Center capable of command and control operations 365 days a year, 24-hours a day.

The activation of the WFHQ provisional and the movement of the 13th Air Force to Hickam involves the addition of 77 manpower authorizations at Hickam.

Although some 13th Air Force members will move around, the majority of the Andersen population falls under the 36th Air Expeditionary Wing, which PACAF officials assure is staying right where it is.

“This in no way signals a change in the importance PACAF places on Andersen,” said General Hester. “Our commitment to the defense of the Pacific region remains firm. This reorganization is an essential reallocation of Air Force assets in order to meet current and future USPACOM and PACAF objectives.”

With the exception of the Korean Peninsula, the Hickam-based WFHQ will focus exclusively on planning and executing military operations in the Pacific theater, explained General Rice.

“The Warfighting Headquarters will give us more focus and responsiveness as we posture ourselves for the next 50 years,” said General Rice.

(Courtesy information from Airman 1st Class Sarah Gregory, 36th Air Base Wing. “The Pacific Edge”).

Tax Tips

14 days until taxes due, tax center full

By Capt. Amina Diehl
15th Airlift Wing Legal Office

Due to popular demand, th tax center is now booked through April 15 and has a growing waiting list.

However, if taxpayers are 1040EZ or 1040A filers, they may continue to get their taxes done on a walk-in basis.

The Tax Center will accept 1040EZ and 1040A filers as walk-ins Monday to Friday, from 8 a.m. to 3:30 p.m. People need to

bring all necessary documents and be patient and prepared to wait.

Tax Center volunteers will provide help in between scheduled appointments. If filers have a return that must be completed on the 1040 long form, the Tax Center may not be able to assist due to previously scheduled appointments.

Call 448-0712 for a list of other free income tax preparation services.

See TAX TIPS A3

SrA Addington takes Levitow at ALS

By Senior Master Sgt. Tammy Whitney-Rush
PME Center
Director of Education

The Hickam Professional Military Education Center hosted the graduation banquet for Airman Leadership School Class 05-B Wednesday evening.

More than 300 guests were treated to an evening highlighted by guest speaker Chief Master Sgt. Tony Ueno, squadron superintendent, 56th Air and Space Communications Squadron.

Senior Airman Michael Addington from the 324th Intelligence Squadron garnered top honors as the John L. Levitow Award recipient. Senior Airman Edward James Mitchell, Jr. from the 15th Aircraft Maintenance Squadron earned the academic achievement award and the distinguished graduate award.

Senior Airman Douglas Preston from the 25th Air Support Operations Squadron earned the leadership award and the distinguished graduate award.

Other distinguished graduates included Senior Airman Joseph Korpela from the 324th IS, Senior Airman Kelly Miller from the 17th Operational Weather Squadron, and Senior Airman Joy Meek from PACAF Regional Supply Squadron.

During the class, the students helped raise more than \$1000 at a car wash for the PACAF Outstanding Airmen of the Year Banquet. They also dedicated some off-duty time cleaning up Bellows AFS beach and the common area between Hickam dormitories.

Additionally, they participated in the PME Center’s Adopt-a-Highway cleanup program.

See list of graduates on A 3

Encouraging individual excellence ensures focus on team goals

By Lt. Col. Scott Forest
E-3A Aircrew Training Squadron commander

GEILENKIRCHEN NATO AIR BASE, Germany (AFPN) – We all know excellence is an important Air Force core value. We each are challenged to apply it daily in our actions, our attitudes and in our planning and decision making. All Airmen have a responsibility to encourage, recognize and deliver individual excellence.

Rewarding excellence encourages it, and there are many ways to reward it. When rewarding or recognizing individual excellence in our teammates, Airmen must use a variety of methods, match them to the circumstances and keep individual recognition in the right context.

As we finish the Air Force's "season" of annual awards banquets and ceremonies, it is a good time to reflect on how each of us has encouraged and recognized excellence in our workplaces, our wingmen, our teammates, in our families and in ourselves. Did we achieve our goals? Did we help each other to reward or recognize individuals who achieved excellence? Did I achieve excellence and acknowledge it in others?

As I answered these questions and others in reflecting on my successes and failures this past year, I remembered a situation in December of 2003 that reinforced some lessons about recognizing and rewarding individual excellence. I had taken command of a squadron with members from 13 nations four months earlier and was surprised that I did not find a current or historical unit program to recognize outstanding performers. I set out to correct that.

To lay out a vision, I proposed to the international leadership in the squadron -- several flight commanders, senior NCOs, and field grade officers -- what I thought was a modest "crawl-walk-run" plan for nominating, selecting and rewarding outstanding performers. I was totally unprepared for their reaction.

Not only did they not want it, ("so much for consensus," I thought) but they firmly asserted it would hurt the unit and be detrimental to good order, discipline

and morale. They had a completely different perspective than mine. They felt strongly that recognition of individual excellence took away from the team concept. I, on the other hand, felt strongly that we would enhance and encourage team performance if individuals were striving for team goals and their performance was rewarded. After good discussion, I asked for hands in favor of the program ... not even close. Only one went up. I relented.

I'm glad I did, because in this context they were right. Our squadron did not start and does not have an individual recognition program. But, we developed encouragement that is more appropriate and more effective-based on the background and culture of our personnel. On a personal level, I did not consider that experience a failure, but I did re-learn some things.

First, there are many effective ways to promote individual excellence in ourselves and others. Leaders, supervisors and teammates need to use all of them in appropriate places and times: a kind word, a hand-written note, a handshake or a formal write-up. Airmen and wingmen have a proud tradition of doing these things for each other.

Second, I realized I had been trained, immersed and coached in an Air Force culture that promoted and allowed recognition of individual excellence AND team excellence; a culture in which the

two were not mutually exclusive; and a culture in which rewarding it encourages it. I had taken this for granted, and now I agree with it and appreciate it even more.

Third, our pursuit of individual excellence must be aligned with our team's pursuit of excellence. To benefit our country, we must pursue our core value of excellence just as strongly for our teams and institutions as we do for ourselves.

So as I send my mess dress to the dry cleaners to prepare for the next set of award ceremonies, I am reminded to keep individual excellence and recognition in its context, the team context. We must encourage and reward individual excellence in formal and informal ways that keep us focused on the team goals. Our country deserves nothing less.

“ **When rewarding or recognizing individual excellence in our teammates, Airmen must use a variety of methods, match them to the circumstances and keep individual recognition in the right context.**

Lt. Col. Scott Forest
E-3A Aircrew Training Squadron commander

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Action Line

The purpose of the Action Line is in its name. It's your direct link to me so we can work as a team to make Hickam a better community.

It also allows you to recognize individuals who go "above and beyond" in their duties – and we all know there are plenty of those folks here.

All members of Team Hickam are welcome to use the Action Line; however, I urge you to give the normal chain of command the first chance at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility.

If you have done this and are still not satisfied, give my commander's Action Line a call.

If you would like me to get back to you, leave your name and number, state your issue, tell me who you



Photo by Senior Airman Sarah Kinsman
Col. Bill Changose, 15th Airlift Wing commander, fills out an Air Force Assistance Fund form as 1st Lt. Edgar Lopez gives him information on the program. The AFAP campaign at Hickam continues through April 12.

have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action Line num-

ber is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

Hickam Voices

What was the worst April Fool's prank ever pulled on you and why?



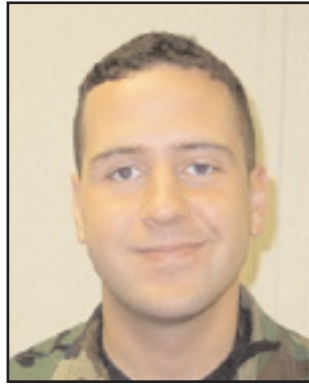
My wife was pregnant with our first child and started faking labor pains. I started running around like a chicken with my head cut off trying to get things together for the hospital. As we started to get into the car, my wife said "April Fool's" and I was the fool
Maj. Richard Roessler
Pacific Air Forces



When I was 10 years old, I switched the contents of our sugar bowl and salt shaker. I watched with glee-ful anticipation as my father put "sugar" in his coffee and "salt" on his eggs.
2nd Lt. Joseph Erskine
Pacific Air Forces



Several years ago, a local newspaper in Colorado Springs printed a front page picture of Pikes Peak erupting like a volcano. I thought it was funny, but apparently it startled enough residents that the paper printed an apology the next day.
Chief Master Sgt. John McNulty
Pacific Air Forces



During tech. school we were told because of the Kosovo conflict, our training was to be accelerated and we would arm up and deploy to a combat zone the next week. They even drafted up orders for us to sign.
Staff Sgt. Joseph Barrow
352nd Information Operations Squadron



After pulling off a surprise birthday party for my then boyfriend, the following year he had his friend talk me into doing it again. Everything was going as planned when he walked in and asked me to marry him.
Sheri Seelbaugh
15th Services Squadron

Next week's question:

April 1: With the new commander taking the reins of the 15th AW, what changes do you hope he will implement and why?

To respond to this question, send an email to hickam.kukini@hickam.af.mil with a response and phone number to contact you.

Give us your feedback

Team Hickam members can submit letters to the editor to

hickam.kukini@hickam.af.mil.

Tell us what you think or would like to see in Kukini

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Hickam Kukini staff449-6662
E-mail addresshickam.kukini@hickam.af.mil
Fax449-3017
Kukini Onlinewww2.hickam.af.mil/wingpa/news.html
Advertising521-9111
Hickam Straight Talk Line449-6789

Hickam Kukini Editorial Staff

Col. Bill ChangoseCommander, 15th AW
Capt. Patricia Teran-MatthewsChief, Public Affairs
Tech. Sgt. Andrew LeonhardNCOIC, Internal
Tech. Sgt. Mark MunseyManaging Editor
Senior Airman Sarah KinsmanEditor
Joe NovotnyTechnical Adviser
Sueann CarterLayout/Design
Deadline for copy is noon Thursday for the following Friday's issue. Copy must be typed, double-spaced 12-point type, 300 - 350 words in length, and e-mailed to hickam.kukini@hickam.af.mil.

Crisis Response lines

Hickam Family Support Center
449-0300

Life Skills Support Center
449-0175

Law Enforcement Desk
449-6373

Base Chaplain
449-1754

Military Family Abuse Shelter
533-7125

Voices heard, actions seen

56 Council out to make difference

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

A group of E-5s and E-6s on Hickam are out to make a difference.

The Hickam 56 Council's purpose is to establish and maintain a spirit of camaraderie and esprit de corps; enhance the prestige, responsibility, and professional development of all mid-level noncommissioned officers (members); and encourage an attitude of unified purpose.

The president of the council wanted to be a part of the organization because of her heart-felt duty as a non-commissioned officer

"I wanted to be a part of this organization because it's our duty as NCOs to be

56 Council
"9" Pin, no-tap,
four-person
Bowl-a-thon,
today
11 a.m. at the
Bowling Alley

involved with our community," said Tech. Sgt. Tonya Reese, 15th Aeromedical Dental Squadron. "This organization stood out to me because it is for us, the mid-level enlisted, who make up a large portion of this community with a lot to offer."

As the lead for the council, Sergeant Reese wishes to help ensure the mid-tier enlisted ranks have a voice on Hickam.

"If you don't get involved, how can you have a voice?" she questioned. "This organization is what you make of it. It's a good feeling knowing your efforts contributed to making a difference."

The council is open to all staff and technical sergeants to include senior airmen who have line numbers for staff. According to the sergeant it's an opportunity to set a good example for younger troops and back up the talk with the walk.

"When my term is up I hope not only will our membership grow but folks will be proud of and want to be a part of the 56 Council," said Sergeant Reese. "With everyone's help I would like this wonderful organization to be

the best in the Air Force!"

Just a few of the significant events that keep the council active are Make-a-Wish Foundation, VA visits,



Airman's Appreciation barbeque, a 56 Council scholarship program and giving various donations.

The next meeting is set for April 14 at 11:30 a.m. on the Tradewinds Enlisted Club lanai. For more information check out the Web site at <http://www.56council.com/index2.html>.

No change expected at base in Kyrgyzstan

By Donna Miles
American Forces Press Service

WASHINGTON (AFPN) – The political situation in Kyrgyzstan is expected to have no impact on coalition efforts there supporting operations in Afghanistan, an official at U.S. Central Command said here Wednesday.

Lt. Gen. Lance Smith said Kyrgyzstan's new government leaders have "gone out of their way" to ensure the U.S. understands the country's foreign policy "is going to remain the same."

Coalition troops at Manas Air Base "have been very engaged" in watching the political situation unfold in Kyrgyzstan following the ouster of the country's long-

time president, Askar Akayev, but do not feel unsafe, he said.

Kyrgyzstan, a former Soviet possession, has provided staging sites to sustain U.S. operations during Operation Enduring Freedom. U.S. troops at the base provide logistical support to coalition efforts in Afghanistan.

The country's political situation changed dramatically March 24 after protesters stormed the main government building in Bishkek and demanded President Akayev's resignation following what they called flawed parliamentary elections earlier in the month.

Opposition leader Kurmanbek Bakiyev announced he had been named acting prime minister and president.



(Above) Ray "Diceman" Semko speaks to the crowd during one of two security awareness briefings Tuesday in the Memorial Theater. (Right) Staff Sgt. Nathan Nash walks with Barry down the aisle sniffing for a bomb during a portion of the briefing on bomb threats.



VIEW, From A1

world, said the commander.

"Just having the C-17 here will increase the capability of lift within the theater. [The C-17] is a U.S. strategic asset and the affects could very well be felt outside PACAF," he said. "This is an airplane that could take off from Hawaii and land halfway around the world. So, PACAF certainly will see an increase in lift, but I think the affect will be more global."

The wing is in great condi-

tion, the colonel said.

"I would like to see us continue on that flight path and remain at the leading edge of all things," he said. "I want to be number one or two in everything we do. That includes the airlift business."

Ongoing improvements to the quality of life here is important for the new wing commander.

"We need to continue quality-of-life initiatives," he

said. "People at Hickam are world class and they should have world-class facilities to live in, work in and play in. I don't see anything wrong; I just want to keep working on it."

While the colonel looks forward to experiencing local traditions and enjoying water sports, his main focus is getting to know the people.

"Really I want to get to know and meet the people from the local neighborhoods

and enjoy the local culture," he said.

Although his family is not with him, they will be joining him shortly and they also look forward to time in Hawaii.

"My youngest daughter, Kimberly, [10] wants to surf and my oldest, Kirsten, [13] wants to go scuba diving," the new commander said. "My wife, Phoebe, is an avid gardener and I'm sure she'll enjoy all the lush, tropical

plants Hickam has to offer."

Despite the many challenges, the commander is ready for the coming C-17.

"Bringing the C-17 online; while it will be a great thing when it happens, it's not going to be easy," he said. "I look forward to working with and for the people of the 15th Airlift Wing and Hickam Air Force Base as they continue to exhibit the energy, hard work and innovativeness to keep us moving forward."

TAX TIPS,

From A1

ration services available on Oahu.

Q: I purchased a rental property last year. What closing costs can I deduct?

A: The only deductible closing costs are those for interest, and deductible real estate taxes. Other settlement fees and closing costs for buying the property become additions to your cost basis in the property. Cost basis is (very generally) the value of the actual home, and it is the dollar figure you use to calculate your rental property's depreciation. As a general rule, you want to have the cost basis of your home be as high as possible, to increase the amount of depreciation. The depreciation becomes, in effect, a "paper loss" that you can use to reduce your taxable income. Allowable cost basis adjustments for rental property include abstract fees, charges for installing utility services, legal fees, recording fees, surveys, transfer taxes, title insurance, and any amounts the seller owes that you agree to pay, such as back taxes or interest, recording or mortgage fees, charges for improvements or repairs, and sales commissions. Fees related to obtaining a loan are capital expenses and should be amortized over the life of the loan.

The graduates of ALS Class 05-B

- 15th Aeromedical Dental Squadron**
Senior Airman Joseph Scott
- 15th Aircraft Maintenance Squadron**
Senior Airman Edward Mitchell, Jr.
Senior Airman Alejandro Munoz
- 15th Civil Engineer Squadron**
Senior Airman Carlos Gierlings, Jr.
Senior Airman Benjamin Knell
Senior Airman Anthony Reynolds
Senior Airman Gerald Seidel
- 15th Communications Squadron**
Senior Airman Julia Barboza
Senior Airman Nolan Brown
Senior Airman Gregory Doss
Senior Airman Royce Norris II
Senior Airman Vincent Thacker
- 15th Contracting Squadron**
Senior Airman Stella Schoenberg
- 15th Medical Support Squadron**
Senior Airman Alanna Medina
- 15th Mission Support Squadron**
Senior Airman Jodi Asprer
- 15th Security Forces Squadron**
Senior Airman Justin Aycock
Senior Airman John San Nicolas
Senior Airman Louis Skelton III

- Senior Airman Matthew Tilley
Senior Airman Brandon Wylie
- 15th Services Squadron**
Senior Airman Tiffany Beasley
- Pacific Command**
Senior Airman Matthew Foster
Senior Airman Randy Guerra
Senior Airman Brian Houston
- Pacific Air Forces**
Senior Airman Lashaunda Cain
Senior Airman Christopher Cook
Senior Airman Richard Jordan
Senior Airman Erin Martin
Senior Airman Joy Meek
- 17th Operational Weather Squadron**
Senior Airman Kelly Miller
- 25th Air Support Operations Squadron**
Senior Airman Jeffrey Kennedy
Senior Airman Douglas Preston
Staff Sgt. Michael Rowley
- 26th Air and Space Intelligence Squadron**
Senior Airman Nicholas Bradley
- 56th Air Operations Squadron**
Senior Airman Mary Patwin
- 56th Information Warfare Flight**
Senior Airman Jonathan Richards

- 292nd Combat Communications Squadron**
Senior Airman John Michael Acidera
- 324th Intelligence Squadron**
Senior Airman Michael Addington
Senior Airman Lauren Ely
Senior Airman Jeremy Hatcher
Senior Airman Joseph Korpela
Senior Airman Kristopher Kunowsky
Senior Airman Allison Plank
Senior Airman Darren Sample
Senior Airman Geoffrey Vandyck
- 352nd Information Operations Squadron**
Senior Airman John Dolbee
- 502nd Air Operations Squadron**
Senior Airman Casey Chang
- 735th Air Mobility Squadron**
Senior Airman Mark Campbell
Senior Airman Daniel Hill
Senior Airman Tylorkwaisun Loo
Senior Airman Matthew Swain
- Air Force Elements**
Senior Airman Richard Jackson
Senior Airman James Killion
Senior Airman John Kukan
Senior Airman Rafael Verdejo Ruiz
Senior Airman Scott Wangen

Celebrating women’s history

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

More than 100 Team Hickam members came together to celebrate Women’s History Month at its culminating event Tuesday.

The WHM luncheon began with an all female honor guard posted the colors and then an all ladies group sang the national anthem. Chaplain (Capt.) Leah Boling, Hawaii Air National Guard 154th Wing, followed with the invocation, then Senior Airman Jessica Conway, 15th Mission Support Squadron, read a poem entitled “Hold on.”

After the meal, the main presentation of the event were five portrayals of famous women. First Lt. Tara Lipinski, 17th Operational Weather Squadron, portrayed the most-decorated military woman in U.S. history retired Brigadier General Wilma Vaught. Staff Sgt. Sonia Heath, 17th OWS, portrayed domestic violence activist and attorney Sarah Buel. Master Sgt. Debra Jamison, Pacific Air Forces Band, took flight with her portrayal of the first licensed black woman pilot Bessie Coleman. Capt. Rosalyn Walker, 15th Services Squadron, portrayed humanitarian Dorothy Height. Senior Master Sgt. Helen Noel, 15th Mission Support Squadron, did an inspirational portrayal and poetry recital of “Still, I rise” author and poet Maya Angelou.

WHM Committee Chairman 1st Lt. Angela Batts, 15th MSS, took on the job as a way to increase her own knowledge on women’s history.

“I myself know so little about women’s history,” she said. “I thought what an opportunity to bring awareness to all.”

That awareness had a price, according to the chairman, who said the biggest challenge for them was to get the word out in such a short time.

According to co-chair Master Sgt. Jacquelyn Bond, Hickam Professional Military Education Center, another challenge was getting people to embrace the events through the month. But in the same breath Sergeant Bond was quite pleased with the turnout at the luncheon.

“The diversity of the attendees and the opportunity to increase the awareness of the history of women throughout this nation was wonderful,” she said.

Hosting the luncheon was Col. William Changose, 15th Airlift Wing commander, who expressed personal admiration of the event due to the determination and success of women who have helped paved the way, from which he knows his own daughters will benefit in their lifetime.

“Women are out there every day doing the job and showing it can be done,” he said. “You’re forwarding women’s right and you don’t even know it.”

HOLD ON

By Jessica Conway
15th Mission Support Squadron

Hold on to your history
For it's not a mystery
That we rise and we fall
We have to stand tall
For what we believe in
For what we dream of
For what we want to achieve
We have to believe in each other
Push each other
Pray for each other
Be a sister to another
Mother the wounds of those under you
Protect your heart
Sometimes our faith is all we have
To take that new flight and start a new beginning
Sometimes we fear the fear that hides in our soul
It is the light that brings you out and makes you Bold
I would say BOLD and BEAUTIFUL
No one can take that away
It's the seeking perfection that sometimes draws us away from true understanding.
Why do you feel you have to be better than your sister?
Look around and realize we struggle daily
We work hard to become that woman we think we ought to be
But there is more to our inner strength
None of those material things can define you or me
We have to remember our history
So we do not make those same mistakes again
We can look forward to brighter days; we can tackle anything that comes our way
Because we are PHENOMENAL
Pretty, petite, fat, ugly, black, white, brown, yellow, or purple...at the end of the day will you predestine to become something that you're not
Or make peace with what your already have?
You are EXCEPTIONAL
REMAIN STRONG and HOLD ON

April is alcohol awareness month

By Tech. Sgt. Arden Hunt
Health and Wellness Center

April is Alcohol Awareness Month. This health observance has been sponsored by the National Council on Alcoholism and Drug Dependence since 1987. It encourages local communities to focus on alcoholism and alcohol-related issues.

Alcohol Awareness Month began as a way of reaching the public with information about the disease of alcoholism, that it is a treatable disease, not a moral weakness, and recovery is possible.

A valuable component of Alcohol Awareness Month is promoting an “Alcohol-Free Weekend,” which takes place the first weekend in April.

The concept of an “Alcohol-Free Weekend” is designed to raise public awareness about the misuse of alcohol and its effects on individuals, families, communities and businesses.

Team Hickam’s Alcohol and Drug Abuse Prevention Treatment Program and the National Council on Alcoholism and Drug Dependence extend an open invitation to all of Team Hickam to engage in three alcohol-free days. Essentially, this is a community consciousness-raising effort to bring about increased awareness concerning alcoholism and health-related issues, and

of which also may serve as a pathway to recovery.

ADAPT, in conjunction with the Demand Reduction Program, will sponsor and participate in a National Alcohol Screening Day Thursday at the BXtra lanai.

This event is set up to provide outreach, education and screening for anyone interested in assessing their current drinking patterns. It allows individuals to seek help in a non-threatening manner and access information regarding resources.

The objective is to raise community awareness about alcohol and its impact on the individual and their families, as well as the mission.

“About 10.4 million Americans between ages 12-20 had at least one drink last month; of these 6.8 million were ‘binge’ drinkers (consuming five or more drinks in a row on a single occasion) including 2.1 million heavy drinkers (consuming five or more drinks on the same occasion on at least five different days),” according to the National Institute on Drug Abuse.

It’s imperative members are informed to help children and young Airmen make responsible informed choices.

For more information about ADAPT services, contact Capt. Celene Fyffe, Master Sgt. Anthony Hall, or myself at 449-0175.

Wear a blue ribbon in April

By 1st Lt. Jenice Francis
Tripler Army Medical Center

In 1989, Bonnie Finney of Norfolk, Va., decided to take a stand. Her grandson was found in a toolbox at the bottom of a swamp, three months after he was killed. She tied a blue ribbon on her van to tell her community and the world about the death of her grandchild.

Today, Finney's blue ribbon has come to symbolize the bruised and battered body not only of her grandson but

the many other abused children across the nation, especially during Child Abuse Prevention Month in April.

Tripler Army Medical Center's Community Health Nursing is joining other Hawaii organizations in this month's Child Abuse Prevention Month campaign. As part of the campaign, CHN clinics and the Joint New Parents Support Program at Tripler and Schofield Barracks are now collecting teddy bears for Hawaii's children. The stuffed animals will be presented to various organizations to give to abused

children they help.

In April, CHN will be distributing blue ribbons at its offices and clinics. Wearing the ribbon or tying it on vehicles will remind people about this very preventable but real problem in many families, neighborhoods, and communities. Hawaii's Child Protective Services System recently reported 4,762 cases of child abuse and neglect in 1998. Of this, 147 reports involved children in the military community.

For more information, call 433-2110.



Courtesy graphic

Retirement

Brig. Gen. Charles Neeley retired March 18 after a 32 year career in the Air Force. General Neeley was the Chief of Staff for the Strategic Planning and Policy (J5) Directorate, U.S. Pacific Command, Camp H.M. Smith, Hawaii.

NOTES, From A1 _____



Better that a boulder through a wall.

An Air Force family member notified security forces about her quarters being damaged. An unknown person threw a rock through an unopened window. A report was filed.

Dirty half dozen.

Six separate reports of shoplifting were reported with a total value of \$182. All individuals were detained by Army Air Force Exchange Service store detectives for shoplifting. They were processed and eventually released.

Just a little too much fun.

Four active-duty Air Force members were the subject of a loud noise complaint. Further investigation revealed the individuals were consuming alcohol in the dorms without written authorization. A window was also broken in the day room. They were charged and released to their supervisors.

Video game box snatcher.

An active-duty Air Force member notified security forces about her X-box and PS2 being stolen from her dorm room. A report was filed. Estimated value: \$400

Two reports of private property damage.

Active-duty Air Force members notified security forces about their privately owned vehicles being damaged. The rear windows were damaged. Reports were filed. (Housing Area and Medical Parking Lot)

Same rules apply for all services.

An active-duty Army member was stopped for speeding. Upon contact, patrolman found probable cause to conduct a Standardized Field Sobriety Maneuver, which the subject subsequently failed. The subject was charged and released.

Maybe the sumo wrestler outfits would help out.

An Air Force member reported being assaulted by his civilian spouse. Patrolman arrived on scene and separated both parties. First sergeant was notified and responded.



Editor's note: For the complete Air Force stories and more, go to www.af.mil.

Myers speaks to ROTC cadets of integrity, commitment

OKLAHOMA CITY (AFPN) – The chairman of the Joint Chiefs of Staff left the Arnold Air Society/Silver Wings National Convention here March 28 more confident than ever about the future of America's military.

About 1,500 ROTC cadets from around the country listened as Gen. Richard B. Myers spoke of the challenges the United States faces and how leadership is necessary to get the nation through these demanding times.

“What a great group of folks you all are,” General Myers told the cadets. “You can tell by the look in your eyes that you are serious about what you do. I'm tremendously impressed.”

The chairman, who was commissioned through the ROTC program at Kansas State University, told the future officers that “it's going to take a lot of leadership to work our way” through the war on terror and said this is a dangerous period in the war. *(Story by Jim Garamone, American Forces Press Service)*

Federal law assists troops' dealings with creditors

WASHINGTON (AFPN) – Federal law prohibits mortgage lenders from immediately foreclosing on homes owned by servicemembers deployed overseas on military duty, a senior legal officer said here.

All servicemembers, including those deployed, are protected under the



Photo by Tech. Sgt. Scott Sturkol

Check under the hood

KARSHI-KHANABAD AIR BASE, Uzbekistan – Airman 1st Class William Lawson does some “on the spot” maintenance with a security forces HUMVEE during operations. Airman Lawson deployed from Grand Forks Air Force Base, N.D.

Servicemembers Civil Relief Act, signed by President Bush on Dec. 19, 2003, said Army Col. Christopher Garcia, director of legal policy for the undersecretary of defense for personnel and readiness.

“The (Act) includes a provision that protects against default judgment,” Colonel Garcia said. “In any civil action, such as a lawsuit or a foreclosure, in which the defendant does not make an appearance, the court must require the plaintiff bringing the suit to file an affidavit saying whether or not the other party in the lawsuit is a servicemember.”

If the party being sued for foreclosure or some other debt action is a servicemember, he said, the Act “requires the

judge to do certain things to protect the servicemember's rights.” *(Story by Gerry J. Gilmore, American Forces Press Service)*

Airmen less blue, more fight-oriented

WASHINGTON – Airmen are contributing to the success of coalition operations in Iraq and Afghanistan by being less blue- and more fight-oriented, said U.S. Central Command's deputy director of operations.

During a recent visit to the Pentagon, Brig. Gen. Douglas Raaberg described Air Force contributions to the joint warfighting operations in Iraq.

“People have to look twice to read 'U.S. Air Force' on our uniforms, and that's a compliment,” he said.

“Airmen are demonstrating a lot of innovation. They don't think in terms of just their home base mission,” he said. “Instead they think of ways to better fight for their commander, who may be a Navy skipper or an Army colonel.”

General Raaberg manages strategic and operational employment of CENTCOM forces as well as joint and combined combat operations. He coordinates all aspects of air, ground, naval and special operations forces in CENTCOM.

Airmen bring a multitude of capabilities to the joint fight, including space-based assets, airlift and systems integra-

tion, General Raaberg said.

Airmen provide the ability for soldiers to see beyond the fight and to prepare for the next step by using space capabilities. *(Story by Tech. Sgt. David A. Jablonski, Air Force Print News)*

New course prepares NCOs for joint ops in Southwest Asia

SOUTHWEST ASIA (AFPN) – A new training course for senior enlisted leaders is giving them skills that are proving invaluable for those deployed here, officials said.

The Command Senior Enlisted Leader Capstone Joint Operations Module course is giving warfighters the tools they need to operate in an environment in which they work closely both with their sister services and with coalition members, said Chief Master Sgt. Curtis Brownhill, command chief master sergeant for U.S. Central Command.

“We realized early into Operation Enduring Freedom that our senior leaders were operating in a different environment than we'd prepared them for,” Chief Brownhill said.

“We spend a lot of time over the course of an officer's career preparing (him or her) for joint-service duty,” he said.

But no comparable training existed for their senior enlisted counterparts, he said.

Now, the senior enlisted capstone course, introduced last year, mirrors the capstone course general and flag officers receive. Topics cover the life cycle of a joint task force: forming a joint task force, developing joint manning documents, joint command and control, joint basing and integrating special operations forces. *(Story by Donna Miles, American Forces Press Service)*



Deadline today

Call the Hickam Teen Center at 449-2233 to apply for the 2005 Air Force Space Camp. Deadline is today. Eligible users of Air Force Youth Programs who are 12-18 years of age may apply. The camp will be held July 31 to August 5 at the U.S. Space and Rocket Center in Huntsville, Ala. If selected, the only cost to the member is the round-trip airfare from Honolulu to Alabama. Sign up today.

Alaska cruise

Sail along sheltered waterways and spectacular glaciers on the Inside Passage and then explore the rugged south central coast of the Gulf of Alaska with its snowcapped mountains and majestic rivers of ice. That's what ITT has in store on its fall Alaska Cruise slated for

Sept. 16-25. A \$200 deposit guarantees a place on this fabulous tour. Call the Information, Tickets & Travel office at 423-0275 for more information.

Waimano hike

Explore the Waimano Valley 2-mile loop trail with Hickam Outdoor Recreation April 10. Waimano Valley is a perfect hiking location for a sunny morning. Stroll into the valley and savor the lovely walk by the stream.

Participants should bring water, sunscreen and wear good hiking shoes. The ODR bus leaves Hickam at 9 a.m. and returns around 3 p.m. Cost is \$10 per person which includes transportation and guide. Call 449-5215 for details.

Kids bowling special

April is the “Month of the

Military Child” and the Bowling Center has a special for the kids. Kids, ages 5-12, may bowl daily for \$1 per game. The special will run throughout the month and is available Mondays, Tuesdays and Thursdays from 10 a.m. to 4 p.m. and Wednesdays and Fridays from 9 a.m. to 4 p.m. For more information, call the bowling center at 449-2702.

Basketball tournament

The Third Annual Aloha Classic Basketball Tournament starts its full week of competition at the Fitness & Sports Center gym April 11 with its first game tipping off at 9 a.m. The Classic has drawn 16 top military men's teams from around the Pacific and California as well as four women's teams.

The tournament will use a round robin opening format and finish on the weekend with an elimination style finals. There will be a “Hot Shot” contest held in conjunction with the event.

Basketball fans will not only see some fast and furious sports action but will get a chance to win a new

car, a trip to Las Vegas, inter-island trips and more. The Aloha Classic is sponsored in part by the Aloha Auto Group, Vacations Hawaii, First Command, the Honolulu Advertiser and Menehune Water. No federal endorsement of sponsors intended.

An accurate game schedule will be made available at the Fitness & Sports Center. Stop by or call 449-1044 for details.

Childcare training

A pre-licensing briefing for prospective childcare providers is held the first Thursday of each month from 5 to 6 p.m. at the Family Childcare office located adjacent to the auto resale lot in Bldg. 2116. The next briefing will be held Thursday.

Applicants must be base residents, 18 years old, and a high school graduate, able to read and write English and pass a National Security check. Call the Family Childcare office at 449-1879 for details. Please note that all persons caring for other families' children for a total of 10 hours or more

per week must attend this briefing and get a license.

Live band performs

“Bender,” an exciting local band, will be playing live at the Enlisted Club April 8 from 5 to 7:30 p.m. Bender features modern rock and will be performing on the J.R. Rockers lanai. Come out and enjoy music and dancing under the stars.

Safety inspections

Hickam Auto Center is the no-hassle place to get a state safety inspection. Drop off your car or wait for one of the certified inspectors to check a vehicle. No long lines or appointments required.

Customers should bring their original insurance card and vehicle registration (No faxed or photocopies are accepted). Save \$3 by using the coupon from the April issue of Inside Services Magazine. Call 449-2554 for more information.

Moonlight Madness

The Arts & Crafts Frame Shop will conduct its “Moonlight Madness”

Night April 9 from 6 p.m. until midnight for qualified framers only. Special discounts on framing supplies will be offered on this special night.

Patrons need to bring their Arts & Crafts qualification card to get in on the madness. For more information, call 449-1568, ext. 108.



Youth photo contest

Calling all young photographers! The Boys & Girls clubs of America Image Makers Photography Contest encourages youth ages 6 to 18 years old to learn and practice black and white, color and digital process photography.

Start clicking a camera and enter photographs at the Hickam Teen Center. For more information, contact the teen center at 449-2233.